



HGG MEMBER RECIPE CLUB

april week two

RECIPE 1: BREAKFAST

blueberry hemp waffles

MAKES 3 SERVINGS

INGREDIENTS:

2 flax eggs (2 tablespoons ground flaxseed and 6 tablespoons water)

2 cups rolled oats

1 cup almond milk

1 cup water

1 ripe banana

1 cup fresh blueberries

1/4 cup hemp hearts

Toppings:

Maple syrup

Fresh blueberries

Sprinkle more hemp hearts

DIRECTIONS:

Make flax egg by mixing together ground flaxseed with water. Let set for 3 minutes. Add flax egg into blender along with oats, almond milk and banana. Blend on high for 30 seconds. Pour batter into mixing bowl and fold in blueberries and hemp seeds. Pour water into waffle maker. Once waffles are ready, top with your favorite toppings & enjoy!

RECIPE 2: LUNCH

avocado, tomato, cucumber, bean salad

MAKES 4 SERVINGS

INGREDIENTS:

2 cucumbers, diced

1/4 red onion, diced

1 (10.5-ounce) container cherry tomatoes, halved

1 (15-ounce) can chickpeas

1 avocado, cored and diced

Dressing:

1/4 cup olive oil

1/2 lemon, juiced

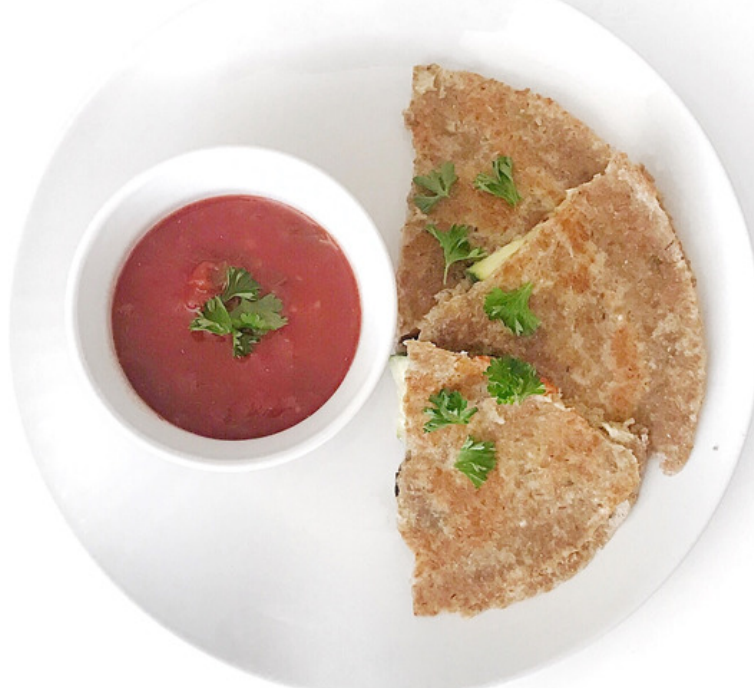
1 glove of garlic, minced

1/4 teaspoon salt

Handful of parsley, chopped

DIRECTIONS:

Drain and rinse chickpeas. In a large bowl combine beans and all the veggies. Whisk together salad dressing and then add to bowl. Toss to combine & enjoy!



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RECIPE 3: DINNER

grilled veggie quesadillas

MAKES 2 SERVINGS

INGREDIENTS:

2 large tortillas
1/2 zucchini, sliced
1/2 red bell pepper, sliced
1/2 red onion, sliced
1/2 portobello mushroom, sliced
4 tablespoons hummus
2 tablespoon coconut oil
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon chili powder
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Slice veggies and place spread out on baking sheet. Drizzle with 1 tablespoon coconut oil and spices and let bake for about 20 minutes or until slightly browned. In a large saucepan over medium heat, add the other tablespoon of coconut oil. Spread hummus on one of the tortillas and add veggies. Place the other tortilla on top and let cook until browned on both sides. Cut into triangles & enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Parsley
Lemons
Onion

how to...

When buying avocados, look for ones that are darker in color, but do not have indentations. They should slightly give to firm, gentle pressure in your hand.

did you know...

Parsley is packed with nutrients! It's rich in antioxidants and full of vitamin K, vitamin C, vitamin A and folate. Parsley may help reduce the risk of arthritis and promote heart health!

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april week two grocery list

PRODUCE

- 1 zucchini
- 2 cucumbers
- 1 red bell pepper
- 1 red onion
- 1 portobello mushroom
- 1 (10.5-ounce) container cherry tomatoes
- 1 bunch parsley
- 1 head garlic
- 1 avocado
- 1 lemon
- 1 ripe banana
- 1 cup blueberries

DRY, BULK, PANTRY

- 1 (15-ounce) can chickpeas
- 1/4 cup hemp hearts
- 2 tablespoons ground flax seed
- 2 cups rolled oats
- Tortillas
- Almond milk

OILS AND CONDIMENTS

- Coconut oil
- Olive oil
- Hummus
- Maple syrup

HERBS & SPICES

- Garlic powder
- Chili powder
- Cumin
- Salt
- Pepper

ADDITIONAL GROCERIES